

# VOICE OF THE RESIDENTS

VOL. XIX, NO. 9

BROADMEAD, COCKEYSVILLE, MARYLAND

MAY, 1998

## HAPPY MOTHER'S DAY!

### *A Mother's Prayer*

Lord,  
My family stands in need of a strength that is not in  
my power to give.  
Even if I had it I could not give it.  
I can feed them.  
I can mend their jeans.  
But I cannot give them the one thing they need most –  
that is, a faith – a strength to live by . . . .  
I can lead them in what I feel to be right directions,  
Lord, and I can live before them the best way  
that I know how.  
That is all that I can do – and it isn't enough.  
Lord God – give them strength.  
Pursue them.  
Grant them no peace until they find that peace is in  
Thee.  
Lure them into finding the faith that will help them  
stand steady in the world.

...from "Life's Little Prayer Book"  
—suggested by Marie Bent



### ON FRIENDSHIP . . .

He that is thy friend indeed,  
He will help thee in thy need;  
If thou sorrow, he will weep;  
If thou wake, he cannot sleep;  
Thus of every grief in heart  
He with thee doth bear a part.  
These are certain signs to know  
Faithful friend from flattering foe.

—W. S.

### Spring and all that . . .

by Sarah Cooper

"The Mayflower of our hope – the spring is come," wrote Hale, and he was actually talking about finding the first mayflower. As it happens, spring was early this year. Weeks before the calendar date for it, the season arrived. Flowers appeared near trails and in gardens. Hepatica, bloodroot, anemone – they all blossomed. Redbud, shadbush, and dogwood brightened wooded areas. We didn't even impatiently wait out short dark days or long cold evenings. Daylight saving time was upon us even as we watched new tender green leaves line trees on the Ridge. Our annual Trail Day may have missed its mark, the wildflower climax, by a couple of weeks. Next year, we'll try again to get our timing right. We still look forward to the yellow lady's slippers as the height of our native plant show, maybe even climb the Ridge path to see them.

Meanwhile, we thank the people who help us, as well as those who turn out for our big event – Staff, Residents, visitors. It is our fond hope each year that everyone whose legs are in working order gets out to walk a trail. Maintenance workers, Food Service, Activities, Staff, and Administration all pitch in to guard the road, tend the registration table, serve drinks, welcome, guide, direct, and accompany walkers. We depend on a lot of assistants, and get them.

Have you noticed how beautiful the redbud is this year, how thick the fruit blossoms, how sparkling white the dogwood, how brightly green the grass? And May, the whole merry month of May, lies ahead. No wonder the birds can sing. On their darkest day they "believe in Spring."





## In Memoriam

STEPHANIA M. SOMMERMAN  
January 11, 1912 - March 23, 1998

ESTHER S. BENNETT  
March 10, 1912 - March 24, 1998

MARGARET C. KENNEDY  
June 26, 1908 - April 17, 1998

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## Novel Theology

by Elsa Lundgren  
\* \* \*

### Absolute Truth

by Susan Howatch

Reviewed by The Reverend Carl N. Edwards  
Monday, May 4th at 11 a.m. in the Auditorium  
*Everyone Welcome*

\* \* \*

## SATURDAY PROGRAM OFFERINGS

by Charles Hobelmann, Chairman

Saturday, May 9, 7:15 p.m.

JOHN DORSEY

*Art and Architecture*

Saturday, May 23, 7:15 p.m.

BILL and MIRIAM HYDE

*Alaska - Rare to Medium*

## Broadmead on the Move . . .

by Patricia A. I. R. Rodak

|                         |            |          |
|-------------------------|------------|----------|
| Ray and Lillian Compton | from J-8   | to T-302 |
| Frances Braunstein      | from S-205 | to T-362 |
| Lucretia Shroat         | from A-6   | to S-303 |

\* \* \*

## WHOM CAN YOU CATCH?

by Donna Mueller, Personnel Manager

Broadmead kicked off a new program in December, known simply as "Caught in the Act of Kindness."

There are so many good deeds done every day at Broadmead that it is easy to forget to say "Thanks!" This program provides an opportunity for people formally to thank volunteers, Residents, or employees for special acts of kindness. When you see someone doing something which you feel deserves special recognition, fill out a Caught in the Act of Kindness form found at the Reception Desk, in all department offices, and at the Personnel Office.

If an employee is recognized, Personnel will send the original to the recipient, a copy to the supervisor, and a copy to the personnel file.

When a Resident is recognized, the recipient receives the original, and a copy goes to the President of the Residents' Association.

Each recipient is also given a specially designed card which can be handed to the next person they "Catch." But don't forget to fill in a form.

The program has been a very successful one, and we challenge you to "Catch" those doing good.

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## Variety is the Spice of Life

Broadmeader Charlotte Hurtt and others recently sailed the Bounding Main on a "multinational floating city with passengers and crew from all around the globe. The world on board allowed them to meet and reside with people from all the different ethnic communities. All spoke English while on board, although when in their native environment some conversed in their own language. Altogether, there were about 2,250 sea travelers and crew from 26 different countries: Austria, Australia, Barbados, Canada, China, Czech Republic, France, Germany, Hungary, India, Italy, Jamaica, Lithuania, Luxembourg, Mexico, Nepal, Netherlands, New Zealand, Philippines, Poland, Portugal, Romania, Russia, South Africa, United Kingdom, and United States.... 26 different nationalities living in peace and harmony under the same 'funnel,' as a big family. It is a pity that the rest of the world cannot do the same."





## Recent additions to the Library:

### \* FICTION

Binchy, Maeve. Firefly summer.

Plain, Belva. Secrecy.

Roberts, Nora. Sanctuary.

### \* FICTION-MYSTERY

Clark, Mary Higgins. Pretend you  
don't see her.

Crichton, Michael. The lost world.

DeMille, Nelson. Plum Island.

Grisham, John. The partner.

Sanders, Lawrence. McNally's secret.

Turow, Scott. The laws of our  
fathers.

Wambaugh, Joseph. The secrets of  
Harry Bright.

Westlake, Donald E. The ax.

### \* REFERENCE

Savageau, David. Retirement places  
rated, 4th ed.

### \* BIOGRAPHY

Bryan, Joseph. The Windsor story.

Dimbleby, Jonathan. The Prince of  
Wales.

Higham, Charles. Cary Grant, the  
lonely heart.

Young, Hugo. The iron lady.

### \* GENERAL

Bryson, Bill. Made in America.

Chin, Ann-ping. Children of China.

Sullivan, Mark. Our times.

Suzuki, Shunryu. Zen mind.

Trungpa, Chogyam. The path is the  
goal.

Utley, Robert M. A life wild and  
perilous.

Windham, Donald. Lost friendships.

\* AND ESPECIALLY, a very readable  
autobiography by our own Dr. Harry  
Dowling, "Ulysses re-explored: a  
lifetime of medical practice and  
teaching."

\* \* \*

## Let's Dance

EDDIE SLAUGHTER *Chairman*

EVERYONE WELCOME Monday, May 11th  
7:00 p.m. in the Lounge

## Let's Sing!

with HARRY JONES

Thursday, May 14th, 7:00 p.m. in the Lounge

*Mary Lou Moon at the piano*  
Come. Lift your voices in song!

\* \* \*

### MAGNETIC ATTRACTION

Just four years ago she came to our town,  
Born literally "out of the blue."  
Along with brothers and sisters four  
She was nourished and healthily grew.

When self-reliant, she left her home,  
And all of her siblings did, too.  
Remembering her birthplace, back she came  
To find no one there that she knew.

There was, however, a gay blade next door,  
Who was wowed and pursued her with zest.  
When she fell for him and his lovely love songs  
His home became their love nest.

Exemplary parents of five they were,  
Though later they drifted apart.  
But patiently waiting she found and *was* found  
By a suitable second sweetheart.

We watched as they followed the same routine  
From courtship to farewells, of sorts,  
For no one was sure her partners had been  
Just one or several sports.

As a third year mother with five eggs laid,  
Her fecundity should be praised.  
How many bluebirds will she fledge  
From the place where she was raised?

We'll not count her chicks before they hatch,  
But we wonder, as always before,  
How many more years will the baby we knew  
Be the mother of how many more.

-- Nancy Rowe



## SATURDAY NIGHT AT THE MOVIES

by Frank Hijikata

### May 2 — SOME LIKE IT HOT

1959 119 min. B&W \*\*\*\*

A comedy set in the Prohibition era when two musicians witnessed the St. Valentine's Day Massacre and tried to elude their pursuers by disguising themselves as women and joining an all-girl band heading for Miami. A wonderful film from start to finish with great performances by Jack Lemmon and Tony Curtis and a memorable comic turn by Marilyn Monroe.

### May 16 — MOUNTAINS OF THE MOON

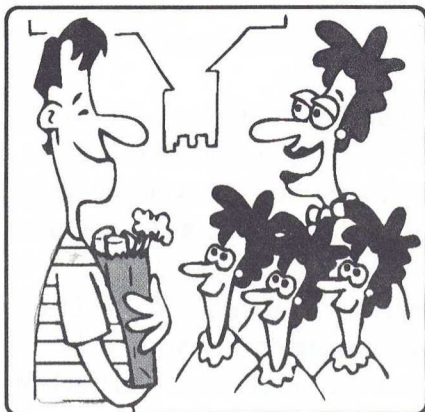
1990 135 mins. \*\*\*+ Rated R

A captivating saga of Sir Richard Burton and John Speke, two explorers in search of the source of the River Nile in the late 1800's. Vivid and stimulating, this epic film tells of their many adventures as well as the compelling story of the bitter feud which develops between them as to who was the discoverer of the source of the Nile and thus to be honored by the Royal Geographic Society and their fans.

### May 30 — BILLY BUDD

1962 119 mins. \*\*\*+

Based on Melville's classic novella, this movie is a tense and straightforward shipboard narrative about good and evil, set in the British Navy in 1797. A naive, incorruptible seaman is court-martialed for the murder of a sadistic master-of-arms. The film deals with issues of morality; and what makes it fascinating is the suggestion that the master-of-arms, whose self-hatred makes it necessary for him to destroy the seaman, was merely the underling doing the evil Captain's bidding.



"I'd like you to meet little Dotcom, Dotnet and Dotorg."

## CONSERVATION CORNER

by Lloyd Tyler

More than 500 thousand trees are consumed each week to publish Sunday papers of America! When you recycle an aluminum can, it saves 95% of energy needed to produce that aluminum from ore.

Every ton of paper we recycle saves 17 trees and, in the manufacture of newsprint, half the water and energy, coupled with 74% less pollution.

QUIZ: When you recycle newspaper, waste papers, tin or aluminum cans, Coffee Shop receptacles, plastic beverage bottles, glass containers, any other recyclables listed on the trash shed posters, are you:

—conserving natural resources?

—reducing pollution?

—saving Broadmead time, effort, and money?

—cooperating with our Conservation C'ttee?

ANSWER: All of the above.

To be successful, the Conservation Program needs the cooperation of all Residents. Housekeeping staff cannot take time to sort the many items picked up for disposal; they end up in the trash and multiply landfill problems. *Please put the various materials in their proper places.*

The Administration has installed efficient compact fluorescent lights in the Center and in Stony Run Hall. It is up to others of us in the Clusters to be sparing of hot water and electricity.

The Conservation Committee thanks you for your cooperation!

### House Blocks Total Prohibition of Help in Dying

by Ruth Bristol and Ralph White

When the United States Supreme Court turned the issue of physician help in dying back to the individual states, it stimulated some members of the Maryland Legislature to propose a bill explicitly criminalizing any help in dying in any circumstances. The bill also authorized drastic punishments – a fine of up to ten thousand dollars or imprisonment up to three years, "or both." This passed in the Senate but was turned down by committee in the House of Delegates. In other words, the bill was effectively blocked for this year.

Thirty-eight Broadmead Residents probably contributed to this result. Each telephoned three designated legislators (about 114 calls) registering opposition.



## MOVIES ON TUESDAYS AT SEVEN.

by Jeanne Stephenson, *Chairman*

5/5 HER MAJESTY MRS. BROWN 1998 PG

Judy Dench, Bill Connolly

*A loyal servant wants to assuage Queen Victoria's grief over the death of her consort, Prince Albert. He is successful, riding with her and talking with her. Their unique relationship is ended by some jealous and powerful courtiers.*

5/12 REAR WINDOW 1954 112 min. \*\*\*\*

James Stewart, Grace Kelly, Wendell Corey,  
Raymond Burr

*One of Hitchcock's most stylish thrillers has photographer Stewart confined to a wheelchair in his apartment, using binoculars to spy on neighbors.*

5/19 ORDINARY PEOPLE 1981 123 min. \*\*\*\*

Mary Tyler Moore, Donald Sunderland,  
Judd Hirsch, Timothy Hutton

*Superb adaptation of Judith Guest's novel about the deterioration of a family after the death of the eldest son, told mostly from the point of view of his guilt-ridden younger brother. Debut as director for Robert Redford, who won an Academy Award.*

5/26 AS GOOD AS IT GETS 1998

Jack Nicholson, Helen Hunt, Greg Kinnear

*Jack Nicholson won an Oscar for best performance by an actor. He plays the part of a misanthrope who is gradually won over by a waitress (Helen Hunt). His neighbor, a dog-loving bachelor (Greg Kinnear), completes this improbable trio.*



## VESPERS

Elsa Lundgren, *Chairman*

4:30--5:00 p.m.

in the Lounge

+

Sunday, May 17, 1998

bbi Paul Caplan

1st Am Synagogue

Eutaw Place, Baltimore

+

Everyone welcome.

## R<sub>x</sub> DOC IN A BOX

--John B. De Hoff, M.D.

Health Care Education Subcommittee

### *Caveat ambulator aut ambulatrix...*

Or—Let Broadmead walkers be careful. Your own experiences tell you this but when you build a few cautions into your walking program it becomes healthier, more enjoyable—and safer.

**The perimeter road is not a park path,** even though it is Broadmead's own—other cars and trucks use it, too. *Always* walk to your left facing traffic. Step off the road when vehicles come your way. Be careful when sharper curves bend to your left—drivers may not see you in time enough to give way a little.

**Let someone know where you are going and when you expect to return.** Walking with someone is even safer—and it provides pleasant company.

**Dress for the season.** Light and airy clothing in warmer times, darker and warmer wraps for cooler days. Hats protect your head and neck from sun and shade your eyes. In wintertime hats also reduce body heat loss from your head.

**Invest in sensible shoes and socks made for walking.** Avoid fanciful designs and choose what fits your fancy and your feet. Start with what you already own. Upgrade your equipment slowly as you see the need.

**Be dashing or graceful, but secure!** Use your cane, if you find it helps. Canes provide a “point of reference” for increased stability. Yours may be one of sturdy metal or a familiar walking stick. Its length should equal the distance from the crease in your wrist to the ground.

**Warm up and cool down.** Begin each walk by stretching muscles in your legs and torso slowly. Do this in your apartment or on the path. End your jaunt by walking slowly the last 100 yards or so, repeating your stretches.

**Walk as briskly as possible.** Relax muscles by using an occasional day for just strolling to converse, observe, meditate.

**Rest as needed**—that's what the benches are for. Sit there a moment—look about, or listen to opera or a game on your portable radio.

**Expect some aches or pains.** Make your own judgments about their severity. Mild discomfort may improve with better conditioning. If you are *ever* in doubt about pain, ask your medical professional who knows your physical condition.

**Walk everywhere, whenever.** Walking should be *de rigueur* at Broadmead. Ride only out of Broadmead. But an old advice: *Get home safe!*

# Open Forum . . .

by Nydia Finch

**Thursday, May 14, at 10:30 a.m.**

## ***Aging and the Brain***

GUY McKANN, M.D.

*Mind / Brain Institute of The Johns Hopkins University*

**Thursday, May 21, at 10:30 a.m.**

## ***Insights from a Peace Mission to the Middle East***

JOHN NEFF, M.D.

*representing Physicians for Social Responsibility  
and*

LEE C. NEFF

*former Executive Director  
Pacific Northwest Independent Schools Ass'n*

\* \* \*

## **Beautification Day**

**Wednesday, May 13th**

**Hoe! Hoe! Hoe!**

## **CONCERTS IN THE LOUNGE**

Residents Association Music Committee

Philip Schnering, *Chairman*



**Sunday, May 10, at 2:00 p.m.**

AMOS YAND, Cello

*Faculty at the Peabody*

JOANNA CHAO, Piano

*Doctoral student at the Peabody*

**Sunday, May 24, at 1:45 p.m.**

BIN HUANG, Violin

*Peabody graduate. An enchanting violin  
from the Far East.*

[Please note the start 15 minutes earlier than the usual]

\* \* \*

## **Art Class offered by Hardy Garden Club**

Broadmead Residents are reminded that a class exclusively for Residents will be offered at the Flower Show on May 5 if enough Residents are interested in participating in the class.

Call 410-329-1499 for details.

## **VOICE of the RESIDENTS**

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Broadmead Residents Association,  
M. Thomas Goedeke, *President*

Harry S. Scott, Jr., *Editor*

Nydia Finch, *Editorial Assistant*

### ***Contributors to this issue:***

Marie Bent, Ruth Bristol,  
Sarah Cooper, John De Hoff,  
Nydia Finch, Frank Hijikata,  
Charles Hobelmann, Charlotte  
Hurtt, Harry Jones, Elsa Lundgren,  
Donna Mueller, Betty Pause',  
Patricia Rodak, Nancy Rowe,  
Phil Schnering, Eddie Slaughter,  
Jeanne Stephenson, Lloyd Tyler,  
Ralph White



# Broadmead

13801 York Road

Cockeysville, MD 21030



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